

The Newport Navallog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

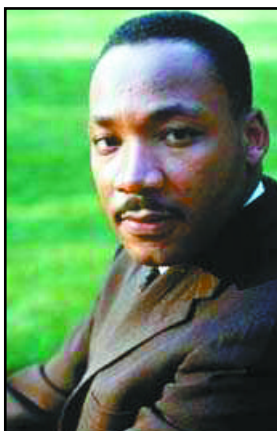
VOL. 104 NO. 1 JANUARY 9, 2004



*Side
order
of
USV*

YN1 Thomas G. Lindamood/U.S. Navy photo

THE SPARTAN SCOUT, a 7-meter long unmanned surface vehicle (USV) developed by the Naval Undersea Warfare Center Division, Newport, is loaded aboard the cruiser USS Gettysburg last month in Mayport, Fla., to operate with the USS Enterprise Carrier Strike Group in the Arabian Gulf. Story and another picture, Page 16.



Observances due Dr. King

The Department of the Navy encourages military bases to hold observances to recognize Dr. Martin Luther King.

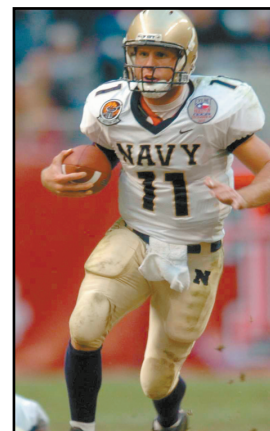
— Page 2



Visiting ship is jumbo size

At 950 feet and 62,644 tons, the USNS Charlton casts a huge shadow at Naval Station Newport's Pier Two.

—Pages 8-9



Midshipmen cap season

The Naval Academy Midshipmen cap a proud football season at the Houston Bowl last month.

— Page 12



Ron Fontaine/U.S. Navy photo

TOYS FOR TOTS — Staff Sgt. Richard Rainone, right, Marine Corps Detachment, Newport, accepts the Chapel of Hope's contributions to the Marine Corps Reserves Toys for Tots drive from Naval Station Newport's acting Executive Officer, Cmdr. Wayne J. Bergeron last month. At left is Religious Program Specialist Second Class Christian Bell.

All anthrax shots suspended

Since 1998, the Department of Defense has safely vaccinated over one million military, emergency-essential civilians, and mission-essential contractor personnel to provide vital protection against all forms of anthrax disease.

But last Dec. 22, a U.S. District Court judge for the District of Columbia ordered a preliminary injunction against further anthrax vaccinations without consent of the individual.

The judge did not rule against the safety of the vaccine, but against the completeness of the Food and Drug Administration's (FDA's) process to approve the vaccine for use against inhalation

Anthrax.

Therefore, the CNO has directed that all anthrax vaccinations for military, civilian personnel, and family members be suspended until further notice.

This applies to personnel not previously vaccinated and personnel currently undergoing the six shot basic series and annual booster.

The directive applies to all personnel regardless of their current location.

Voluntary vaccinations are also suspended.

All vaccinations previously administered are to be accurately recorded in the medical record and electronically submitted to the Defense Eligibili-

ty Enrollment System (DEERS) via service automated immunization tracking systems.

The temporary suspension is pending the clarification of the legal situation. The focus of the legal ruling is whether the vaccine is properly licensed for use against inhalation anthrax (not cutaneous or gastrointestinal), and not whether the vaccine is considered safe.

Anyone with questions should contact Cmdr. James Mitchell at (703) 601-1717, DSN 329-1717, or email james.w.mitchell@navy.mil or Lt. Cmdr. Kari Buchanan at (703) 601-1716, DSN 329-1716, or email kari.buchanan@navy.mil

Navy to celebrate Dr. King's birthday

The 2004 Dr. Martin Luther King Jr. Holiday observance will be Monday, Jan. 19, and will mark the 75th birthday of Dr. King and the 18th anniversary of this national holiday.

The theme is "Remember! Celebrate! Act! A Day On, Not A Day Off!"

Dr. King dedicated his life to improving the lives of others. Through his example, he taught the values of courage, truth, justice, compassion, dignity, humility, and service that so radiantly defined his character and leadership.

In April of 1968, he said, "Let us rise up...with a greater readiness. Let us stand with a greater determination. And let us move on in these powerful days, these days of challenge to make America what it ought to be. We have an opportunity to make America a better nation."

These characteristics of readiness and determination

are exhibited each day throughout the Navy's nearly 400,000-member active duty force and in the actions of the thousands of sailors in the naval reserve.

In the words of Force Master Chief (SW/AW) Karen H. O'Connor, attached to Commander, Naval Surface Force Pacific, "Martin Luther King's lessons transcend color—they taught us to value each other's differences and to accept each other for who we are as individuals. Our Navy is the strongest in the world because our teamwork is based on this same foundation."

From Jan. 19 to 23, everyone is strongly encouraged to commemorate the holiday consistent with current mission and resources.

Point of contact is Yeoman First Class (AW) Otis Robinson at (901) 874-4073/DSN 882; e-mail: Otis.robinson@navy.mil.

Choristers seek members

The Newport Navy Choristers are seeking new members in all voice ranges for the Spring 2004 musical season.

Beginning its 51th year, the group performs concerts to benefit local charitable organizations. Since its founding in 1953, the Choristers have raised over \$300,000 for area groups.

The Choristers will perform three concerts — one in March, and two in May.

Membership is open to active duty, reserve and retired

military, DoD, and family members 16 years or older. There are no auditions for the main chorus, and you do not have to be able to read music to join.

The Choristers meet Tuesday nights from 6:15 to 8:45 in the Quinn Lecture Room at the Naval War College. The first rehearsal of the new season was this week, and the last opportunity to join is Jan. 13.

For additional information, please call Steve Larson at 847-4256.

Navalog

Capt. Robert P. McLaughlin Jr.
Commanding Officer, Naval Station Newport

David Sanders

NAVSTA Public Affairs Officer

Bob Krekorian

NAVSTA Public Affairs Staff

Greg Kohlweiss

NAVSTA Public Affairs Staff

Ron Fontaine

NAVSTA Public Affairs Staff

Joy Christmas

NAVSTA Public Affairs Staff

Richard Alexander

NAVALOG Editor

The Newport Navallog is published weekly by Edward A. Sherman Publishing Co., a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Naval Station Newport.

The Editorial content is edited, prepared and provided by the Public Affairs Office of the Naval Station, Newport, R.I. The Newport Navallog reserves the right to edit or correct copy to comply with its policies. This publication receives dispatches from the American Forces Press Service (AFPS).

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Edward A. Sherman Publishing Co. of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron, if a violation or rejection of the equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

The Newport Navallog is printed on recycled paper.



Ron Fontaine/U.S. Navy photo

THE HEAT IS ON — Darren DeSouto, left, maintenance mechanic, and Frank DeSouza, carpenter, Naval Station Newport Public Works Dept., install a new boiler in Building 18, Coasters' Harbor Island.

Public Works Department marks year of successes

The Public Works Department (PWD) and the Resident Officer In Charge of Construction (ROICC) both had successful years improving facilities and providing services at Naval Station Newport (NAVSTA). Successes ranged from receiving recognition from the Secretary of the Navy to the award of multi-million dollar construction contracts.

Some of the highlights were:

- Naval Station Newport received the Secretary of Navy's FY02 Blue Level Energy Conservation Award in August 2003 as recognition for executing a comprehensive energy conservation program based on senior level command involvement, well staffed and trained energy teams, aggressive awareness campaigns, execution of innovative energy conservation measures and consistent reduction in energy consumption.

- NAVSTA was recognized by the CNO for the FY02 Bronze Hammer Award in August 2003 for exceptional

Navy Newport 2003



The MacGregor crane at the Seneca Lake Sonar Test Facility at Dresden, N.Y., was certified by NAVSTA Public Works' six-man Crane Inspection and License Team in 2003. The facility, which conducts deep water experiments, is a field station of the Naval Sea Systems Command.

progress improving naval shore establishment through their Self-Help Program.

- The Navy Crane Center (NCC) conducted an audit of the Weight Handling Equipment (WHE) Program at Naval Undersea Warfare

Center (NUWC) which is supported by Naval Station Public Works Department Crane Team. All categories of cranes sampled for audit purposes passed with a 100 percent satisfactory mark. This was a rare accomplishment and the NCC praised **PUBLIC WORKS, Page 13**

Newport Naval Cable TV

We'll take look back at 2003's headlines

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's show:

— We'll give you a look back at some of the top headline-making Navy and Marine Corps stories from 2003 with news anchor, Staff Sgt. Steven Williams.

— We visit with Chief of Naval Operations Adm. Vern Clark for an in-depth look at the Navy's accomplishments of 2003, and a look forward to what 2004 may have in store.

— Rock Band Dishwall's MWR Music Video.

& *Other Headaches*. If interested in classroom/video programs or in participating in the Health Promotion Action Council, call the Health Promotion Department at 841-6777.

Fleet and Family Support

Parents and teenagers may be interested in the Fleet and Family Support Center video series. These programs deal with a variety of topics, which are of interest to children of all ages, and families.

The programs air daily on channel 11 at 10 a.m., and 1:30 and 7 p.m. The weekly schedule is displayed below.

Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion Action Council offer Health education and wellness programs on channel 13, daily, following Navy and Marine Corps News. During next week's featured segments, beginning Jan. 12, learn more about *Insomnia and Migraine*

DAY	TITLE
Friday through Sunday	The Persecuted
Monday	The 'Bad' Child
Tuesday	The Most Common Family Illness
Wednesday	Help for the Family
Thursday	Health for the Family

A number of things...

\$300,000

The amount of money raised by the Newport Navy Choristers since 1953. New members are welcome for the 2004 season, with concerts in March and May.

Story, Page 2.

395,000

The number of square feet of cargo space in the 950-foot USNS Charlton at Pier Two, one of 20 roll on/roll off cargo ships in the U.S. Navy's Military Sealift Command fleet.

Story, Pages 8-9.



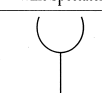
140 Thames St. Newport
Reservations 849-6334

Newport Life
MAGAZINE

Best Newport Restaurant
Best Bar • Best Nachos
Best Bartender • Best Irish • Coffee
Best Salad • Best Business Lunch
Friendliest Wait Staff



Wine Spectator



AWARD
OF
EXCELLENCE
2003

Rhode Island
MONTHLY

Best Nachos • Best Steak • Best Fries
Best Burgers • Best Bar
Best Pub Restaurant
Best Ribs • Best Appetizers

Bravo zulu

Navy seeks feedback in 5 Vector Model test

By NETC Public Affairs Office

PENSACOLA, Fla. — The Navy is soliciting feedback on a test of the 5 Vector Model (5VM), which will soon become the primary career management tool for all Sailors.

In a recent message to the fleet (NAVADMIN 307/03), Vice Adm. Alfred G. Harms Jr., Director of Naval Education and Training, announced the BETA test, a second in a series to prepare the 5VM for intro-

duction to the fleet. The BETA test includes additional enlisted ratings not previously tested, including those from aviation, surface engineering, cryptologic technician and construction career fields.

Harms projects having all ratings included on the 5VM by March or early April 2004.

"The 5 Vector Model will eventually be a key part of every Sailor's career tool box," said Harms. "It will play a critical role in professional and personal growth and develop-

ment, the distribution process, learning opportunities and delivery of knowledge, and improved fleet readiness."

When fully functional, the 5VM will help Sailors determine their professional status, pinpoint career milestones, and identify the skill requirements they need for specific jobs in the fleet. They will also be able to review and compare their career path with alternative routes, view their Electronic Training Jacket (ETJ), and enroll in online courses.

Sailors can now access a demonstration and tutorial for the 5VM via the Navy Knowledge Online (NKO) Website at www.nko.navy.mil. Those in ratings which are part of the BETA test can also provide feedback through NKO.

"Constructive Sailor feedback is vital to this process," said Harms. "Input from the fleet will enable us to work out any system bugs, enhance usability and make necessary upgrades."

For more information on Navy education and training, visit the NETC Web site at <https://www.netc.navy.mil>.

Letter of Commendation:

HM3 Geoffrey Goodale, Naval Ambulatory Care Center Newport, from Commander, Navy Region Northeast, July 23, 2003

Lt. Scott Clark, Naval Ambulatory Care Center Newport, from Commanding Officer, Detention Hospital, Guantanamo Bay, Cuba, July 23, 2003

HN Roger Roberts, Naval Ambulatory Care Center Newport, from Commanding Officer, Detention Hospital, Guantanamo Bay, Cuba, July 23, 2003

Civilian Length of Service Awards:

Paul R. Trial, Naval Station Newport Supply Department, 15 Years, July 16, 2003

Mark R. Luther, Naval Station Newport Fire Department, 15 Years, July 16, 2003

Sylvia L. Oliveira, Naval Station Newport Supply Department, 15 Years, July 16, 2003

Gregory Jackson, Naval Station Newport Public Works Department, 20 Years, July 16, 2003

Mark E. Marshall, Naval Station Newport Combined Bachelor Housing, 20 Years, July 16, 2003

David H. Preston, Naval Station Newport Public Works Department, 20 Years, July 16, 2003

Carl E. Davis, Naval Station Newport Combined Bachelor Housing, 20 Years, July 16, 2003

John R. Oliveira, Naval Station Newport Public Works Department, 35 Years, July 16, 2003

Recognition:

FC2 James Pruett as Junior Sailor of the Quarter, Commanding Officer, Surface Warfare Officers School Command, July 17, 2003.

ET1 Kurt Nauenberg as Senior Sailor of the Quarter, Commanding Officer, Surface Warfare Officers School Command, July 17, 2003.

Surface Warfare Officers School Command, winner of Chief of Naval Operations 2002 Safety Award, for "Small Shore Activity, Non-Industrial."



Newport Daily News Carriers
Earn more than money
849-3300
"WE DELIVER"

SOUTH COUNTY MORTGAGE CORPORATION
Southern New England's Leading Mortgage Company
VA Loan Specialists!
 VA loans are great alternatives to conventional mortgages

- 0 Down Purchase 1-4 Units
- Past Credit Problems OK
- Refinance Existing VA Loan No Appraisal Needed !
- All Branches Of Military & Reserve Qualify

401-692-0675
southcountymortgage.com
 select Martin from list of loan officers for VA Loans
 RI license #95000521LB
 CT license #007605
 MA license #MB2746



TRANSFERRED TO DC OR THE NORTHERN VA AREA?

I am a realtor who understands your time-limited search, who can help you find the home that best meets your requirements by screening listings and carefully listening to your priorities.

I will help you get pre-qualified for your new loan, send you a Free relocation packed specific to this area, and work with you BEFORE you arrive to maximize the time you have.

My goal is to make your house-hunting trip a successful pleasure.

Call me! I'm a realtor who takes your business personally!



BETH KINSELLA
 RE/MAX 100
 5501 Backlick Road Suite 100
 Springfield, VA 22151
 Cell: 571-228-3434
 Toll Free: 800-445-4576
bethkinsella@mrisc.com

Get on the *road to riches...*



NEWPORT GRAND

Where it *pays to play*™... *Every Day!*

Progressive Slots Pay Out Jumbo Jackpots from \$30,000 to over \$320,000.

150 Admiral Kalbfus Rd, Newport, RI • 800-451-2500 • www.newportgrand.com
 Open Daily 10am-1am • Admission/parking always FREE • You must be 18 or older

Good credit essential for financial planning

Good credit is an important part of financial planning. Establishing credit, correcting credit problems, and rebuilding good credit are important skills.

Credit reports are used not only by banks, loan companies, and credit card companies, but also by rental property agencies, potential employ-

Registration is required. Call 841-2283.

Stress management — A Stress Management workshop is scheduled for Wednesday, Jan. 14, from 9 to 10:30 a.m. at the Fleet and Family Support

Center.

If you sometimes have problems coping with day-to-day situations, or just need some relief from stress on the job or at home, then this workshop is for you. Learn how to assess

your stress level, increase stress relief skills to avoid burnout, and learn how to regain control of stressful situations.

Call 841-2283 to register.

Car buying — So you want to

buy a new car. Come to the Fleet and Family Support Center on Thursday, Jan. 15, from 11:30 a.m. to 1 p.m., to find out how to gather your resources and be well informed.

Call 841-2283 to register.

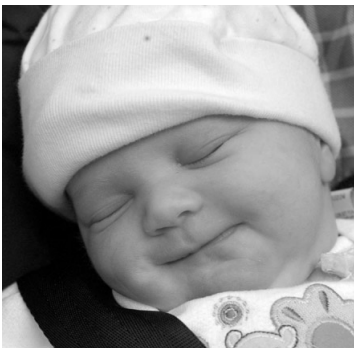
Fleet and Family Support Center

ers, and can be part of a job security clearance process.

A representative from the Navy Federal Credit Union will be conducting a workshop, The Credit Process, at the Fleet and Family Support Center on Tuesday, Jan. 13, from 11:30 a.m. to 1 p.m. Come and learn how to read, understand, and correct your credit report. Registration is required and may be made by calling 841-2283.

Relationship enhancement—The Fleet and Family Support Center is conducting a workshop for individuals and couples who would like to learn about some proven ways to improve communication in their personal relationships. The six-session workshop begins Tuesday, Jan. 13, from 6:30 to 8:30 p.m..

Birth



Kaylin Renée Amaral, daughter of Master-at-Arms First Class Joshua Amaral and Operations Specialist Third Class Christina Amaral, of Fall River, Mass., was born Dec. 10, 2003 at Newport Hospital. She weighed 8 pounds and was 19 1/4 inches long at birth. MA1 Amaral is assigned to Naval Security Force, Naval Station Newport. OS3 Amaral is assigned to the Naval Station Newport Command Support Department.

“The accident was 20 miles from nowhere in Montana. US Family brought us home.”

“My wife and I were in an automobile accident in Montana, 20 miles from the nearest town. It took two ambulances and two aircraft to air-evac us to Billings. She was in intensive care for a week. After a few more weeks, when I thought I’d be spending the rest of my life in Billings, Montana, the Uniformed Services Family Health Plan sent a Lear jet out of Denver. It landed at 8:00 a.m. and we were on our way at 9:00 a.m. – the pilot, copilot, ambulance attendant, flight nurse and the two of us. Four hours later we landed in Hyannis, where an ambulance was waiting to take my wife to the rehab hospital in East Sandwich. I thought that was rather extraordinary.”



- Rod Walz, US Air Force, Ret.
US Family Health Plan member;
Falmouth, MA

At US Family Health Plan, our mission is to help you get the care you need – even in the middle of nowhere. Enrollment is open all year – to military beneficiaries of all ages. For more information, call 1-800-818-8589.



**US FAMILY
HEALTH PLAN**
Caring for our Uniformed Services Family



US Family Health Plan is the Uniformed Services Family Health Plan, a permanent part of the military health system.

What's going on

Boat Show launched

PROVIDENCE — The Providence Boat Show continues through Sunday at both the Rhode Island Convention Center and the Dunkin' Donut Center.

Boat enthusiasts can browse two sites featuring 450 boats made by 150 companies, and 250 exhibitors. Besides power boats there will be canoes, kayaks and Inflatables.

There will be displays of accessories and gear for every style and class of watercraft at two sites for one admission price.

Show hours are today from noon to 10 p.m., Saturday from 10 a.m. to 10 p.m. and Sunday, 10 a.m. to 6 p.m.

For tickets and more information, call (508) 992-6658.

FRIDAY, Jan. 9

• Armed Services YMCA (846-9622):

— Fitness Hour, 9 to 10:30 a.m.

— Education Funding 10:30 a.m. A workshop to provide information for obtaining financial resources for college education, including investment options and strategies and tax advantaged plans.

— Lovers' Night Out, 6 to 9 p.m.

• Lunch and Learn Movie Matinee (Identity Theft), 11:30 a.m. to 1 p.m., Fleet and Family Support Center. Call 841-2283 for more information.

• Soup kitchen at Martin Luther King Center, 8:30 a.m., Dr. Marcus Wheatland Boulevard, military volunteers welcome.

Recreation Center movies are shown upon request beginning tonight: *Freaky Friday* (PG) and *Cabin Fever* (R).

• Saturday Night Fever, Part of the Contemporary Class Series, is performed through Jan. 11 at Providence Performing Arts Center, 220 Weybosett Street, Providence. For more information, call 421-ARTS, or visit www.ppacri.org

SATURDAY, Jan. 10

• Soup kitchen, 4:30 p.m., Community Baptist Church, Dr. Marcus Wheatland Boulevard. Military volunteers welcome.

• Seal watch cruise, 1 and 2 p.m., departing from Bowen's Landing, Newport. Sponsored by Rose Island Lighthouse Foundation and Save the Bay, passengers will explore seal habitat and learn the fascinating history and migratory habits of harbor seals. Adults, 18; children under 12 and seniors, 15. Also, Jan. 11, 1:30 and 2:30 p.m.; Jan. 17, 9 a.m.; Jan. 18, 9 and 10 a.m.; Jan. 24, 1:30 and 2:30 p.m.; Jan. 25, 2 and 3 p.m.

• Rhode Island Philharmonic Classical Series: Classical 3, 8 p.m., Veterans Memorial Auditorium, 1 Avenue of the Arts, Providence. Call 831-3123, or visit www.ri-philharmonic.org



REAL SEAL WATCHING — The Rose Island Lighthouse Foundation and Save the Bay offer one-hour harbor seal-watching cruises this winter aboard the M/V Alletta Morris. Call (401) 272-3540, ext. 133, for dates and times.

monic.org

SUNDAY, Jan. 11

• Chapel of Hope Sunday worship services:

— Protestant service, 8 and 10:30 a.m.

— Catholic mass, 9 a.m. and noon.

• Sunday Brunch, Officers' Club, 10 a.m. to 12:30 p.m.

• Sunday bowling, Sea view Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.

MONDAY, Jan. 12

• Armed Services YMCA (846-9622):

— Parents Time Out, 8 a.m. to 1 p.m.

• Fitness Walk and Tone, 8 to 9 a.m., Gym 109.

TUESDAY, Jan. 13

• Armed Services YMCA (846-9622):

— Fitness Hour 9 to 10:30 a.m.

— Scrapbooking, 9 a.m. to noon. \$5 to crop.

• Adult Beginner Sewing 1, 9 a.m. to noon

• Fleet and Family Support Center — Credit Process, 11:30 a.m. to 1 p.m. Learn how to establish credit, correct credit problems and rebuild good credit. Call 841-2283 for more information.

— Relationship Enhancement Workshop, 6:30 to 8:30 p.m. Six-session workshop for individuals and couples to learn ways to improve communications in personal relationships.

• Newport Navy Choristers rehearsal, 6:15-8:45 p.m., Quinn Lecture Room at Naval War College. New members welcome. Call 847-4256 or 423-3523 for more information.

• Soup kitchen, 8:30 a.m., Martin Luther King Center, Dr. Marcus Wheatland Boulevard, Newport; 5 p.m. Military volunteers welcome.

WEDNESDAY, Jan. 14

• Armed Services YMCA (846-9622):

— Parents' Time Out, 9 a.m. to noon.

— Kids Sewing 1, 4 to 5:30 p.m. Also, Jan. 15, 4 to 5:30 p.m.

• Fleet and Family Support Center, Stress Management Workshop, 9 to 10:30 a.m. Learn some proven techniques to lower your stress level. Call 841-2283.

• Soup kitchen, 8:30 a.m., Martin Luther King Center, Dr. Marcus Wheatland Boulevard, Newport; 5 p.m. Military volunteers welcome.

THURSDAY, Jan. 15

• Armed Services YMCA (846-9622):

— Fitness Hour, 9 to 10:30 a.m.

— Parent and Toddler Playgroup, 10:45 a.m. to noon.

• Fleet and Family Support Center, Car Buying, 11:30 a.m. to 1 p.m. Hear how to get the best price on your next car. Call 841-2283 for more information.

• Soup kitchen, 8:30 a.m., Martin Luther King Center, Dr. Marcus Wheatland Boulevard, Newport; 5 p.m. Military volunteers welcome.

Upcoming:

Jan. 19 - Martin Luther King Jr. Day. Federal holiday.

Jan. 24 — A Salute to Jazz Vocalists, 7 p.m., Rosecliff mansion. Jazz vocalists Shawn Monteiro and Steve Marvin will perform. Admission, \$35. For more information, call 847-1000, ext. 140

Feb. 13 — Newport Winter Festival begins.

IRS tax preparers recruited by NLSO

Once again, the Naval Legal Service Office will coordinate free tax preparation and electronic tax filing. Tax preparation services will be offered at the major local commands.

To accomplish this task, the tax program relies on Volunteer Income Tax Assistance (VITA).

These are tax preparers — ordinary people who give their time and talent to help their shipmates file returns. Many of these volunteers were able to get time off from their regular duties to prepare taxes; others worked what hours they could fit into their busy schedules.

This year the tax program again needs top-quality volunteers. You don't need to be a

tax whiz to volunteer - we will train you. We can be flexible in your scheduling and work with your command.

Volunteers will need to be available at least one evening a week from Jan. 26 to April 15, 2004. Training will be held from Jan. 20 to 23.

If you're interested in becoming a tax volunteer, inform your chain of command or call Lt. Sean Cogley or Legalman Second Class Charlene Zirkelbach at the Naval Legal Service Office at 841-3766 ext. 200.

At the Surface Warfare Officers School Command, contact Lt. Brian Engesser. At Officer Training Command-Newport contact Lt. Rob McDough.

Now Open!

Hampton Inn & Suites®

100% Satisfaction Guaranteed!



Stay at our new hotel, the Hampton Inn & Suites in Middletown, and enjoy a brand-new, clean and comfortable room or suite, a free breakfast bar, high speed internet access, and a refreshing pool and fitness center - all for one rate. All backed by our 100% Satisfaction Guarantee.

Offering government discounts and 7 day rates.

Hilton HHonors®
Points & Miles

For reservations, visit us at www.hamptoninn.com or call 1-800-HAMPTON®.
Hampton Inn & Suites
317 West Main Road
Middletown, Rhode Island 02842
Phone: (401) 848-6555 Fax: (401) 841-0049
mtnri_hampton_suites@hilton.com

©2001 Hilton Hospitality, Inc.
Hilton HHonors membership, earning of Points & Miles™, and redemption of points are subject to Hilton HHonors Terms and Conditions

EVANGELICAL FRIENDS CHURCH

70 Bliss Mine Road, Middletown, RI

A Christ Centered, Bible-Based Church

Tel: 847-1490 - E-Mail efc-newport@ids.net

Sunday:

Sunday School: 9:45 AM

Worship Services: 11:00 AM & 6:30 PM

Wednesday:

Prayer & Bible Study 6:30 PM

(Be encouraged by the hope of Christ - John 6:35)



Newport Daily News Carriers

Earn more than money

849-3300

"WE DELIVER"

X-rays safe for patient, provide information for dentist

By CAPT. G. NAYLOR

Naval Dental Center Northeast

Dental X-rays or radiographs provide important information about your overall oral health. Radiographs allow the dentist to evaluate areas that can't be seen with the naked eye, such as the underlying

Naval Dental Center Northeast

bone, the roots of the teeth, and unerupted teeth.

In certain cases, radiographs can identify a condition at an early stage before you experience any signs and symptoms that something is wrong. Some patients have questions concerning the need for dental radiographs and whether there are any health risks associated with them. It is the purpose of this article to answer these questions.

X-radiation is a form of radiation that can penetrate many materials including bone and soft tissue. X-rays can expose photographic films, so by placing a film in the mouth and exposing the film to X-radiation shows the dentist the current condition of your teeth and bone.

When a radiograph is taken more X-rays are absorbed by dense structures like teeth and bone, and less dense structures like the cheeks and gums absorb less radiation. The X-rays that pass through these structures create an image on the film. Dense structures like the teeth appear lighter because fewer X-rays reach the film; less dense structures like the gums appear darker because more X-rays pass through to the film.

Dental X-ray examinations involve very low doses of radiation, which makes the risk of harmful effects extremely small. Only a small part of the body is exposed to radiation during a dental X-ray examination. Limiting the size of the X-ray beam and using a lead apron are precautions employed to minimize the risk of X-ray exposure and increasing its safety.

Many diseases of the teeth and surrounding structures can't be seen when your dentist examines your mouth. The X-ray examination may reveal small areas of decay between

the teeth, infections in the bone, developmental abnormalities, and sometimes, tumors that otherwise might not be seen.

The dentist will recommend dental radiographs after

reviewing your dental history and possibly after examining your mouth. Based on this information, the dentist can determine which radiographs are needed. If you are a new patient, the dentist may rec-

ommend a full mouth series of radiographs to determine the status of the hidden areas of your mouth and to help analyze changes that may occur later.

The need for radiographs on

recall visits varies according to age, risk for disease, and signs and symptoms of disease. New films may be needed to identify new decay, assess the

DENTAL, Page 13

Get what you want. It's on the house!




Navy Federal Home Equity Line of Credit

1.9%

APR
for 6 months!*

Use the equity in your home for the buying power you need—for home improvements, college expenses, a new car—*it's up to you!*

Apply online at **navyfcu.org**, call **1-800-368-3657** or visit a member service center.

NAVY 
FEDERAL
CREDIT UNION®

Membership counts.

* Available for NEW Home Equity Lines of Credit obtained from January 1 through June 30, 2004. Limited time only! Maximum loan is \$350,000. 90%LTV. After the six-month promotional period the loan will convert to a variable rate, currently 4.0% APR. Navy Federal Credit Union can serve Department of the Navy active, retired, reserve, civilian and certain contractor personnel and their families. Federal law generally prohibits federal credit unions from serving nonmembers. This credit union is federally insured by the National Credit Union Administration. For more information, visit **navyfcu.org**. 10536-A (12-03)





JUMBO SIZE — The 950-foot USNS Charlton (T-AKR 314), one of 20 large, medium-speed roll on/roll off ships for the Military Sealift Command, dwarfs Pier Two, Naval Station Newport.

USNS Charlton redefines the word ‘huge’

By RICHARD ALEXANDER
Navalog editor

What's gray, taller than an aircraft carrier, and can ferry an entire U.S. Army armor or air assault battalion across the Atlantic in about a week?

It's the 950-foot USNS Charlton (T-AKR 314), one of 20 roll-on/roll-off cargo ships in the U.S. Navy's Military Sealift Command fleet. Called an LMSR, the Charlton arrived in Rhode Island waters last month and is berthed at Pier Two, Naval Station Newport, awaiting orders.

The only way to describe the Charlton is with a four-letter word: huge.

It's six-deck interior has a cargo carrying capacity of about 395,000 square feet, which is equivalent to eight football fields.

The ship's weather deck is



GREG JONES, first assistant engineer, checks fuel oil levels from the engine room. The ship can carry 2 million gallons.

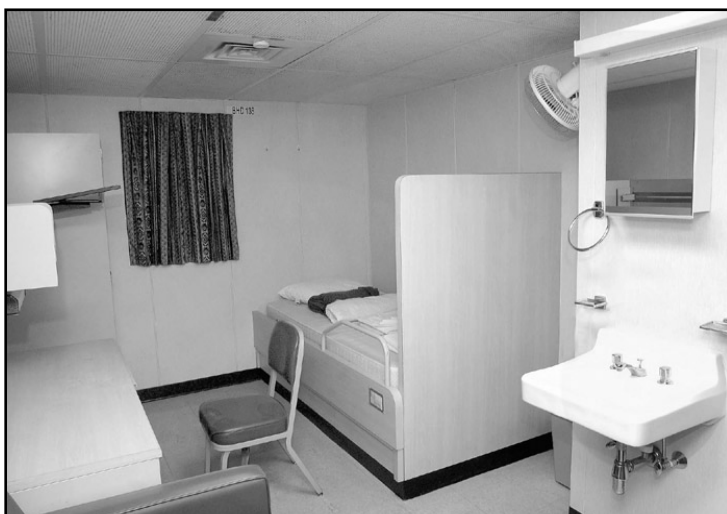


ENTER HERE — The slewing stern ramp shows the interior cargo space of the Charlton. It makes it easy to drive vehicles on and off. The entire on-load or off-load can be accomplished in 96 hours or less.



WIDE OPEN SPACES— Capt. John Gandy, center, commanding officer, and invited guests walk the broad weather deck of the USNS Charlton stenciled with a helicopter landing pad. The ship's twin 110-ton single pedestal cranes are at top right, and the Pell Bridge is in the distance, left.

**Ron Fontaine/
U.S. Navy photos**



PRIVATE COMFORT — A standard merchant marine crewman's quarters feature private head, berth and desk, left.

Charlton

Continued from Page 8

level with the flight decks of the decommissioned aircraft carriers Forrestal and Saratoga on Pier One. Its bridge is 105 feet high and looks down on the masts of the carriers.

The ship is more than 105 feet wide and displaces 62,644 tons, but it can still travel at 24 knots powered by twin 747 jet engines rated at 32,000 horsepower each.

Capt. John Gandy, commanding officer of the Charlton, heads a crew of 30 merchant marines, including five women. They are employed by a private company under con-

tract to the Sealift Command which is the ocean transportation provider for the Department of Defense.

Gandy said the ship was berthed at commercial piers in Boston on Dec. 16, but was invited by NAVSTA to relocate to vacant pier space in Newport and save the Navy money. It will remain here until new orders are received, probably for the Iraq or Afghanistan theaters of operations.

Gandy said after Operation Desert Storm in 1991, the Joint Chiefs of Staff felt there was an urgent need for greater sealift capacity to transport military equipment and supplies during wartime and other contingencies.

The Charlton is basically an unarmed ship, but there is berthing for up to 50 military personnel.

"We have National Guardsmen called 'guardian



Capt. Gandy

marines," Gandy said, "who man 50 cal. machine guns on deck as the ship passes through high security areas or 'choke-points.'"

In its most recent mission, the Charlton delivered tons of warfighting equipment and building supplies to Kuwait, including Bradley fighting vehicles, M-1 tanks, lumber, steel and concrete.

"Though the ship is large, it has a relatively shallow draft," he said. "Unloaded, it draws 28.5 feet, but with a full load it's only 34 feet. The cargo area is also climate controlled for heat and humidity."

Greg Jones, first assistant engineer, controls fuel loading and monitors engine performance from a series of computer screens.

"At top speed we burn about 3,000 barrels of oil a day," he said. "We can carry 2 million gallons of fuel." With a full load, it can still make it to Gibraltar in about six days.

The Charlton was named after Army Sgt. Cornelius H. Charlton, who was posthumously awarded the Medal of Honor during the Korean War in 1951.



AT LEFT, the wide open, unobstructed spaces show on the main deck looking forward. The ship has A through G decks linked by elevator.

Naval Station Newport Dining

Watch football at the clubs

Where are you going to watch the Super Bowl XXXVIII on Feb. 1?

It's the biggest game of the year and we don't want you to miss a play! That's why you will want to visit the Recreation Center in Building 656 or the Topside Pub at the Officers' Club to cheer on your favorite team as they vie for the top gridiron honors.

Watch the battle for the bowl title live from Houston, Texas, on three flat screen televisions at the CPO Lounge; or on two big screens at the Enlisted Lounge, both in the Recreation Center.

The Recreation Center will have a SUPER complimentary buffet starting at the end of the first quarter until end of half time, \$1 domestic house drafts (16 oz.) and giveaways.

The Officers' Club invites you to enjoy the game on a dozen televisions in the Topside Pub. A SUPER complimentary half time buffet, free peanuts and popcorn, and \$2 domestic house drafts (16 ounce) are offered.

There also will be a super bowl football pool – one square per person, sign up beginning on Feb. 1 in the Topside Pub. The grand prize is an O'Club Jacket, and quarterly prizes include O'Club ball caps & other fun items.

The Enlisted Club opens at noon and the CPO Lounge and Topside Pub at the Officers' Club will open at 4 p.m.; the game kicks off at 6:25 p.m.

Don't miss the best Super Bowl bash around. Grab your friends and head over to your favorite destination! For more information, call 841-3054 for Recreation Center or 849-3693 for Topside Pub.

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

Today: Lunch, 11 a.m. to 1:15 p.m., first deck, buffet-style selections.

Tonight: Kick-off the weekend with complimentary hors d'oeuvres in the Topside Pub from 5 to 7 p.m. Order your favorite beverage or something from the pub menu, available until an hour before closing.

Saturday: Topside Pub opens at 4 p.m. Full pub menu available until one hour before closing.

Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

Hours of operation: The Enlisted Club is open 11 a.m. to 11 p.m., Monday to Saturday and from noon to 6 p.m. on Sunday. The CPO Lounge is open Monday through Thursday, 4 to 9 p.m. and Friday, 4 to 11 p.m., and by request* on the weekend.

**The CPO Lounge will be open on the weekend, by request only for a minimum of 20 people or with a sales guarantee of at least \$200. The Lounge may also be reserved for catered events. Requests to open must be submitted by Monday for the following weekend.*

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for advance order take-out. No home delivery.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Kick off the week-

end with a rockin' good time! Head over to the Recreation Center, Building 656, every Friday and kick off the weekend with a fabulous TGIF party!

Starting at 5 p.m., you are invited to enjoy complimentary hors d'oeuvres, sip refreshing beverages, and listen to the coolest tunes, spun by a rocking DJ from "Get With it Productions."

This is the perfect way to unwind after a long week, so mark your calendar, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

Saturday: 11 a.m. to 11 p.m., Pub menu available from 1 to 9 p.m.

Sunday: Noon to 8 p.m., Pub menu available until one hour before closing.

Ney Hall Galley

(Building 292, phone 841-4450)

All hands welcome

Weekdays: breakfast, 6 to 7:15 a.m.; lunch, 11 a.m. to 12:30 p.m.; and dinner, 5:15 to 6:30 p.m.

Saturday: breakfast, 6:30 to 8 a.m.; lunch 11 a.m. to 12:30 p.m.; and dinner, 5 to 6:15 p.m.

Sunday: breakfast 8:30 to 10 a.m.; lunch, 11:45 a.m. to 1 p.m.; and dinner, 5 to 6:15 p.m.

Call for daily menus and meal charges.

Blimpie's Subs and Salads

(Navy Exchange Main Building)

Lunch and dinner menu, dine-in or take out. No home delivery. Open NEX hours: Monday through Saturday, 9 a.m. to 8 p.m., and Sundays 10 a.m. to 6 p.m.

Heah Promotion Department



Let us help you quit smoking, lose weight

Did you make a New Year's resolutions to quit tobacco use or to lose weight? Are you ready to make a change and want or need support to keep that resolution?

The Health Promotion Department at Naval Ambulatory Care Center (NACC) Newport is ready to assist.

Two tobacco cessation programs, each consisting of four one-hour weekly sessions, are being offered. Program one began Jan. 8 at 6 p.m. at NACC, and program two will begin Jan. 13, at noon at Gym 109.

In addition, two new Ship-Shape programs, a comprehensive lifestyle Weight Management Program, will be offered. This program consists

of eight one-hour weekly sessions.

Program one will start Jan. 13, 6 p.m., at NACC and program two begins Jan 14, noon, at Gym 109.

All Health Promotion Programs are open to active duty and retired military personnel, family members and Department of Defense employees. Class size is limited, so call 841-6777 early to enroll.

New in early 2004, "PREventing DIABETES. Fasting Blood Sugar levels of 100-plus equal Pre-Diabetes and over 20 million Americans have it. Are you "pre-diabetic" or at risk? Only you can PREvent DIABETES. Take charge today! Call 841-6777 for details.

TRICARE corner

Postman can deliver prescriptions to your door

EDITOR'S NOTE: Sierra Military Health Services, Inc., the TRICARE administrator for TRICARE Northeast, presents this information concerning your mail order pharmacy benefit.

Does it always seem when it's time for a prescription refill

that it's raining or snowing? Worry no more. Have your prescriptions delivered to your door by your mailman.

TRICARE Mail Order Pharmacy (TMOP) and Express Scripts offer a convenient option for your prescription needs, and it's more economi-

cal than visiting a neighborhood drugstore. In most cases, a 90-day supply through mail order costs the same as a 30-day supply at a retail pharmacy.

For new prescriptions:

- Have your doctor write a new prescription for up to a

90-day supply with up to three refills.

- Complete a TMOP registration form by either downloading one at www.experss-scripts.com or calling Sierra at 888-999-5195 to mail one to you.

- Insert the form, your pre-

scription and payment in the pre-addressed, postage-free envelope and mail it.

For refills of prescriptions already at TMOP:

- Call Express Scripts toll-free at 866-363-8667

- Visit Express Scripts at www.express-scripts.com

Leisure

Bowling

(Building 656, 841-4293)

Winter Bowling Hours: The Seaview Bowling Center, Building 656, announces the following winter operating schedule: Monday, 5 to 9 p.m.; Tuesday through Friday, 5 to 10 p.m.; and Saturday and Sunday, 1 to 7 p.m. Rock and Bowl, every other Saturday, 8 to 11 p.m.

For more information, call the Bowling Center at 841-4293, during business hours.

Specials:

- Rock and Bowl: Every other Saturday night beginning at 8 p.m. Cost is just \$7 per person. Bowl a strike when the head pin is red and you will win a prize! It's rocking, it's rolling, it's bowling and it's a blast! Rock and Bowl Night is tomorrow, Saturday, Jan. 10.

- Sunday special is \$7 an hour from 1 to 7 p.m. for two people.

- Bowling birthday parties available Saturdays and Sundays and include reserved lanes with or without bumpers. A party table with chairs is also included. Cost is just \$5 for each child, including shoe rental.

- Bumper bowling is always available.

Youth/special fitness activities

(Gym 109, 841-3154)

- Youth fitness program: Eligible youth wishing to utilize Morale, Welfare and Recreation Department fitness facilities (Gym 109 and FITNESS Plus) are required to take a mandatory resistance and aerobics training class prior to entering the facilities during the designated times.

This class is required for youth ages 10 to 15, and is also available for 16 and 17-year-olds that may also choose to participate in the fitness assessment program instead.

The Youth Fitness Class is available on an individual basis by pre-registering at Gym 109 or FITNESS Plus in Building 355. Parents are required to be in the building where the course is being held during all class sessions.

Complete details on this program and youth fitness policies are available at Gym 109. Call 841-7196 for information or to pre-register.

Gymnasium

(Gym 109, 841-3154 or FITNESS Plus, Building 355, 841-1474)

Massage therapy offered at Fitness Plus: Need to reduce muscular aches & pains? Or do you want to feel more relaxed? A massage therapist will be available at Fitness Plus, Building 355. Body-Wise Therapeutic Massage will be offering a variety of services. Pick from Swedish relaxation massage, sports massage, trigger-tender point therapy or deep tissue massage.

Techniques may be combined to best suit your needs. The prices for massages are: \$35 for a half-hour and \$65 for a full hour. For questions on massages, call 848-9825. For an appointment, call Fitness Plus at 841-1474.

Intramural basketball: The Naval Station Newport Intramural Basketball League is scheduled Jan. 12 to March 19 and is open to active duty, retirees, reservists, dependents and Department of Defense civilians ages 18 and over.

Registration is underway and will be accepted Monday through Friday 8 a.m. to 4:30 p.m. at Gym 109 until Friday, Jan. 30. The league is divided into age categories for players 18 and over and 35 and over and games are played Monday through Friday evenings at 5:30, 6:30 and 7:30 on Courts 1 and 3.

There is a \$15 fee for DoD civilians and teams are limited to four DoD participants. All teams are required to pay a \$100 refundable forfeit fee, and teams must have matching shirts with numbers by the first game.

For more information, call the Athletic Office at 841-7196.

Aerobics/exercise

(FITNESS Plus, Building 355, 841-1474)

Current hours of operation are Monday to Friday, 5 a.m. to 7:30 p.m.; closed weekends and holidays.

New Yoga sessions to start in January: Stressed out with your daily routine? Looking for something to help you relieve stress and relax?

Then you will want to register today for the next session of "Vinyasa," a dynamic yoga class beginning Wednesday,

Jan. 21. The class will meet from 4:45 to 5:45 p.m. at Fitness Plus, Building 355. This class is designed for the active individual and takes participants through a series of poses with particular emphasis on using breath to guide movement. Students will learn the Ujjayi breathing technique and proper posture alignment while enjoying a vigorous cardiovascular workout. Special attention will be directed towards postures that aid in athletic activities.

Kristen Wilkes, a certified Yoga instructor and a licensed dietician at the Naval Ambulatory Care Center, will teach. The six-week session costs \$60 and classes are held in the Aerobics Room at Fitness Plus. A minimum of 10, pre-registered participants is needed for classes to begin and all participants must have a yoga mat by the first class. Participants under 18 must have a parental consent form, which can be picked up at Gym 109 or Fitness Plus.

For more information, call Fitness Plus at 841-1474.

Computer Café

(Building 656, 841-2194)

- Personal computers available seven days a week to send and receive email, surf the web, play games — all at no charge. Open Monday through Friday, 11 a.m. to 9 p.m. Saturday, noon to 9 p.m. and Sunday, 1 to 6 p.m. Food menu available from the Recreation Center kitchen.

Music/games

(Building 656, 841-3054)

- Lunchtime BINGO, Thursday and Friday only. Three regular games each day with \$30 prizes for every BINGO called. Jackpot game begins at 12:30 p.m.

- The next Karaoke night will be Saturday, Jan. 17, 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes, beginning at 8 p.m. No cover charge, open to all hands. Offered every other Saturday night.

Naval Station movies

- Recreation Center: The following movies are shown upon request beginning tonight: *Freaky Friday* (PG) and *Cabin Fever* (R).

Information, Tickets and Travel

U.S. Hot Rod Monster trucks jam at The Dunkin' Donuts Center

The U.S. Hot Rod Monster Jam is back at the Dunkin' Donuts Center in Providence, R.I., racing hard and crushing cars like you've never seen!

The MWR Information, Tickets & Travel Office at Building 656 has discounted tickets for the 8 p.m. performance on Friday, Feb. 27 and the 2 p.m. performance on Saturday, Feb. 28. The legendary lineup features Gravedigger, Gun Slinger, Black Stallion and the Latin sensation El Toro Loco.

Also featured will be four-wheel ATV action of the Quad Wars and impressive aerial motorcycle stunts of freestyle motocross. Tickets are priced at \$11.50 per person.

Broadway musicals offered in Providence

The Information, Tickets & Travel Office in Building 656 has tickets available for the following Broadway musicals coming to the Providence Performing Arts Center in Providence.

Seating is located in the orchestra section for the Sunday matinee performances of the following shows:

Mama Mia, April 4, 1 p.m., \$58

The Graduate, April 18, 2 p.m. \$50.75

Starlight Express (music of Andrew Lloyd Webber), May 23, 2 p.m., \$49.

Tickets will be sold on a first-come, first-served basis and due to the limited number of tickets available, the Information, Tickets & Travel Office reserves the right to limit quantities.

Visit the Information, Tickets & Travel Office in Building 656 to purchase tickets or call 841-3116 for more information.



**351 West Main Road, Middletown, R.I.
401-849-2000**

Enroll Free ~ Howard Johnson Super Nites

- Refrigerator & Microwave - available (add'l charge may apply)

- Coffee makers • Hairdryers

- Ironing Boards/Iron • Data Ports & Voice Mail • Whirlpool Spa & Sauna

- Heated Indoor Pool • Fitness Room • Pets Welcome in Selected Rooms

Applebee's Neighborhood Grill & Bar

(Continental Breakfast • Lunch • Dinner available)

Enjoy a FREE appetizer • some restrictions apply

Military Discount

**Military on Travel Orders • Government Contractors
CRC (cost reimbursable contractors)**

\$33⁰⁰ + tax
single or double

Valid Sunday-Thursday

**Special Events/Holidays may be higher
Offer expires 3/25/2004**

Sports



JO1 James Pinsky/U.S. Navy photo
Naval Academy quarterback Craig Candeto heads upfield with Texas Tech linebacker John Saldi in pursuit during the Houston Bowl at Reliant Stadium on Dec. 30. The Midshipmen lost, 38-14, to cap an 8-5 season.

Navy's 'dream season' ends at Houston Bowl

HOUSTON (NNS) — It didn't end quite the way U.S. Naval Academy players and fans hoped it would Dec. 30.

After enjoying what may have been the most magical season of U.S. Naval Academy football since the days of Roger Staubach, optimism abounded among academy players, coaches and alumni heading into the Midshipmen's first bowl game appearance since 1996.

But that confidence apparently had no effect on Texas Tech quarterback B.J. Symons.

Symons, the leader of the nation's top air attack, completed the most prolific passing season in Division I-A history by throwing for 497 yards and four touchdowns in lifting the Red Raiders (8-5) to a 38-14 victory over the Midshipmen

in the EVI.Net Houston Bowl at Reliant Stadium.

For Navy (8-5), the loss put an end to their remarkable turnaround season. As disappointing as it may have been, Navy head coach Paul Johnson still rates the season as a success story for the Academy.

"I'm proud of (my players)," Johnson said. "If anyone had said before the season that we would win eight games and go to a bowl game after where we've been, everyone on this team would have taken it, even if it meant losing the last game in Houston."

It's easy to see why they would have been quick to accept that fate. Academy football experienced a thrilling resurgence in 2003, with the team seizing a winning record for the first time since 1996. In

fact, their eight regular season victories equaled the number of wins in the previous four campaigns combined.

Along the way came the school's first Commander-in-Chief's trophy since 1981 and a 34-6 blowout triumph over archrival Army.

The significance of the season wasn't lost on Navy players either.

"We should be proud of where we are right now," Navy quarterback Craig Candeto said. "Obviously we're disappointed with the loss and all the guys have their heads down, but when we reflect on the season we have a lot to be proud of."

The Navy senior ran for 90 yards and both touchdowns in his last game as a Midshipman.

Reservists earn full privileges at commissaries

By **BONNIE POWELL**
 Defense Commissary Agency

FORT LEE, VA.— All over America, Guard and Reserve personnel are burning their "little pink cards."

The signing of the 2004 National Defense Authorization Act signaled unlimited shopping privilege for Reserve component members and their families. It also signaled the end of issuing, tracking and checking off those little pink Commissary Privilege Cards.

Previously, Reserve component personnel and their families were allowed 24 commissary shopping days per calendar year; and they had to have their privilege cards initialed at the commissary each day they shopped.

"Thanks to Congress and the Department of Defense for bringing full-time commissary shopping to the total force," said Patrick Nixon, deputy director of the Defense Commissary Agency (DeCA). Nixon noted that special thanks should go to those in Department of Defense (DoD) whose quick actions gave Guard and Reserve members unlimited commissary shopping in time to enjoy holiday savings.

"It's a long overdue and significant benefit enhancement for Guard and Reserve," said Joe Barnes, national executive secretary for the Fleet Reserve Association. Barnes is also a member of the Defense Commissary Agency Patron Council.

"We think it's a great deal," said Col. James Scott, director of individual and family support policy for the reserve component, in the Office of

the Secretary of Defense. "It also relieves the personnel center staffs and unit commands from a very expensive administrative burden in controlling and issuing the Commissary Privilege Card." Approximately 1.2 million Guard and Reserve personnel and their authorized family members can now save an average of 32 percent or more over commercial grocery prices — every day if they wish. A family of four can save more than \$2,700 per year with regular commissary shopping.

Members of the Retired Reserve are also included in the extended benefit, adding about another 200,000 happy shoppers. These "gray area retirees" were not formerly entitled to unlimited commissary shopping until they reached age 60.

"Although we've recently seen many Guard and Reserve members with unlimited privileges due to activation," said DeCA Consumer Advocate Bonita Maffett, "the extra traffic does not really impact the ability of commissaries to handle increased customer shopping. The average customer generally only shops twice a month, and since they are spread out all over the country the impact is very low at any one commissary." DeCA operates 275 commissaries worldwide.

"The major benefit for Guard and Reserve members now is the convenience of being able to make a quick stop at the commissary to buy a loaf of bread and a gallon of milk, or diapers and baby food, without worrying about running out of shopping trips for the year," added Moffett.

Meetings/reunions

Retired Enlisted to meet

The Narragansett Bay Chapter of The Retired Enlisted Association's board of directors will meet Jan. 10 at 9:30 a.m. at the American Legion Post 15 in East Greenwich.

The regular members meeting will follow at 10 a.m. Volunteer to help make your chapter one of the best.

For more information, call President Tom O'Connell at 322-1567.

Announcements

DIILS relocates

The Defense Institute for International Studies (DIILS) has moved to a newly renovated facility at 441 Elliot Ave. next to its former location.

The telephone numbers remain the same: 841-1524 and fax 841-4570. DSN is still 948.

The email addresses have changed: The new format is *last name, first initial @diils.dsca.mil*. For example, *DoeJ@diils.dsca.mil*

Special Olympics seeks volunteers

Special Olympics Rhode Island is seeking volunteers as instructors/coaches for the Alpine Ski and Snowboard program. The program will be held Monday nights from 6 to 7:30 p.m. at the Yagoo Ski Area, Exeter, Rhode Island.

The program runs from the first week of January finishing with the State Winter Games at Yagoo on Feb. 14.

For information on how to join this program contact Carla Sweeney, SORI Alpine Skiing Director. Email: *CandBSweeney@msn.com*

NEX revises hours of store operations

In a continuing effort to enhance customer service and make

the stores more convenient to shop, the Navy Exchange (NEX) has further expand hours of operation, Robin Joseph, NEX general manager has announced.

Additionally, the hours will be more standardized making it easier for patrons to remember, he said.

—NEX Uniform Shop will close Saturdays at 5 p.m., instead of 4 p.m..

— NEX Home Mart is open Sundays from 10 a.m. to 5 p.m. It previously was closed.

— NEX Package Store opens Sundays from 10 a.m. to 4 p.m.

— NEX Barber Shop is open until 6 p.m. , and Sundays until 5 p.m.

Thrift Shop open to naval reservists

Naval reservists in a drilling status, who can provide a copy of orders that describe their obligation, will be allowed Navy-Marine Corps Relief Society Thrift Shop privileges.

The Thrift Shop is open Tuesdays and Thursdays from 11 a.m. to 1 p.m. and the staff can hold a copy of the reservist's orders on station for easy referral.

Access to certain items such as uniforms will be subject to restrictions as necessary to ensure sufficient inventory for active duty personnel. This policy is in effect immediately.

Thrift Shop accepts clothing, but no toys

The Navy-Marine Corps Relief Society Thrift Shop only accepts clothing in good condition. We cannot accept toys, torn or stained cloth goods, large appliances and items not in working order.

Please inspect your bags and make sure they are indeed meant for the Thrift Shop. Bags of

trash and other unmentionables have been placed in the bin and this creates a very unsanitary and unhealthy environment for our volunteers, as well as for our patrons.

Get some help kicking the habit

The Health Promotion Department has scheduled four-week Smoking Cessation programs this month.

The dates are:

— Jan. 15, 22 and 29 at noon at Gym 109

— Jan. 15, 22 and 29 at 6 p.m. at NACC Newport

For More information or to sign up for a session call Health Promotion at 841-6777

Rigger leader job opening

The Public Works Department of Naval Station Newport is recruiting for a rigger leader, WL-5210-10, said Pat Martin, Personnel Management Specialist HRO Newport Operations.

Employees who are interested in applying for this position should follow the procedures in vacancy announcement GRO-OC-0159 on *www.donhr.navy.mil*.

Applicants should apply by today.

Primary Care implements new check-in, check-out

In efforts to expedite quality service to our patrons, the Naval Ambulatory Care Center (NACC) Newport has implemented a new patient check-in, check-out policy for its Primary Care services.

The check-in desk is located on the first floor in the Primary Care area. This check-in point is for patients of all Primary Care services, including Pediatrics.

The checkout desk is now located at the former Pediatric Clinic Desk, where patients can make follow-up appointments or receive information regarding other services and resources.

For more information, call the Nurse Telemanagement Line at 841-6180.

Newport Commissary changes patron hours

In a continuous effort to better meet customer shopping needs, the Commissary Store at Naval Station (NAVSTA) Newport has revised its hours of operation. They are as follow:

Monday, closed

Tuesday through Saturday, 9 a.m. to 6 p.m.

Sunday, 10 a.m. to 5 p.m.

NLSO has relocated

The Naval Legal Service Office North Central Branch

Office at Naval Station Newport has moved from

Building 360 North to the opposite side of the same building, 360 South, and is now co-located with the Naval Justice School, Lt. Sean Cogley, NLSO Branch Head, has announced.

Hours and services will remain the same and the telephone number remains 841-3766 x200 for information and appointments.

Dental

Continued from Page 7

severity of gum disease, or evaluate the status of growth and development. Children may need radiographs more often than adults may because their oral structures are growing and changing, and it may be necessary to evaluate the growth, development, and eruption of the permanent teeth.

Pregnant women must tell the dentist that they are or

possibly might be pregnant. Dental X-ray examinations are limited to the head and neck region and the dentist should discuss whether X-rays are necessary. Although it is most desirable to avoid all radiation during pregnancy, if dental treatment is necessary, radiographs may be needed to accurately diagnose and treat the patient.

Public Works

Continued from Page 3

the combined efforts of NAVSTA and NUWC.

• Demand Side Management Phase 1 base-wide energy conservation project was awarded in August 2003. This \$2 million project will provide energy improvements in 70 buildings. This phase of the project is expected to generate over \$500,000 in annual energy savings and is eligible for \$400,000 in rebates from Narragansett Electric Co.

Public Works:

• Completed over 9,600 service calls

• Completed over 1,350 work requests

• Performed over 1,400 preventive maintenance equipment services

• Produced over 550 million pounds of steam

Resident Officer in Charge of Construction:

• Completed facility improvement work valued at \$50 million.

• Managed 40 active design/construction projects valued at \$90 million including:

• Surface Warfare Officers

School (SWOS) Applied Instruction Building: a \$14 million Design/Build project to construct three story academic, trainers and classroom facility.

• NUWC Unmanned Undersea Combat Vehicle Laboratory: \$9 million Design/Build project to construct a three-story research and development laboratory.

• Perry Hall Renovation/Firing Range: a \$6.5 million project to complete interior and exterior renovation and to upgrade indoor firing range.

• Repair bearing piles, Pier Two: a \$3.4 million project to repair over 400 concrete structural pilings for Pier Two.

• Fire, Police and Security Building/gate improvements: \$11 million Design/Build project to construct new Fire, Police and Security Facility and security improvements at Gates 11 and 2.

• Child Development Center: a Design/Build project to construct a new Child Development Center, with site improvements and child playground area, at Prichard Field.

Special events

Think skiing with Sno-Jam '04

Join Commander, Navy Region Northeast (CNRNE) for Sno-Jam 2004 at Berkshire East Ski Resort in Charlemont, Mass., from Jan. 24-26.

Sno-Jam ski package includes: two nights of lodging, three-day and two-night lift ticket, free lessons, the CNRNE giant slalom race, the schussboomer race, Sno-Jam awards banquet and free T-shirts.

The price is \$130 per active duty and adult dependant, \$160 per reservist or retired personnel, kids stay free in parent's room and ski for half-price.

To register or for more information, call Dan Tusiski, FSO Boston at (617) 242-5672, DSN 955-4958 or email *TusinskiD@cnrne.navy.mil*

Classified Advertising
pays off!

Classifieds

For fast results
Call 849-3300

10 - Help Wa

BAKERY COUNTER
Help. Apply at The Boulangerie, 382 Spring

BLLENHEIM-NEWPORT
ASSISTED LIVING is accepting applications for RN, LPN & CNA positions. Part time, time, all shifts. Send resume or apply at 30 Valley Rd., Middletown

CARPENTER to renovate historical home in Jamestown. Tools & truck a must. 423-137

HIRING ALL SHIFTS, Cashiers. Apply in person, Ma's Donuts, 7 West Main Road, Middletown, & 138 Connel Highway, Newport (inside Shell Station).

HOUSEKEEPING position available Blenheim-Newport Assisted Living, full Apply at 303 Valley Road, Middletown.

MARINE ELECTRONICS TECHNICIAN
Brewer Street Electronics is hiring technicians installing and servicing marine navigational and communication equipment. Competitive wages and benefits including health insurance paid holidays, vacation and profit sharing. Wanting to train the right person. Call 401-847-0321, send resume to PO Box 5, Newport, RI 02840 or email skip@bsbw.com

NANNY, part time afternoons. Exp. w/school age children. Energetic, refs. 847-6136.

Find out
what's
going on
in your
home-
town and
Rhode
Island in
the
Local/State
section of
The Daily
News

10 - Help Wa

RECEPTIONIST position available at Blenheim-Newport Assisted Living. Part time, weekdays 8:30 a.m.-1:30 p.m. Excellent computer phone skills required. Apply at 303 Valley Road, Middletown.

SALES: The Atlantic Inland Resort, Misquamicut Beach, RI is currently hiring qualified, enthusiastic individuals for 2004 sales force. High competitive pay and bonus structures. 30 day housing on property. Willing to train the candidates. Call 800-995-4335.



SECURITY - St. George's. Part-time, 11pm-7am. Replace vacations some weekends, yr. round. 842-6670.

SHELTER/VOLUNTEER CO-ORDINATOR. In shelter for homeless families. Mon-Fri, 8-4. Must have excellent computer, and interpersonal skills, high energy. Social service experience a plus. Call Beth 847-2021, Mon-Fri.

12-Earning Opp

ATTN. Work from home \$500-\$1,500 part time \$2,000-\$4,500 full time. www.workfromhomeRI.com Health/Nutrition 846-756

400-Pets & Su

CAT: 6 YR. OLD ADULT declawed male, tan white, medical record FREE. 848-9121 for interview.

520 - Miscell for Sale

2 SHARES of Wanumet-tonomy Stock. Asking \$20,000 each. Contact Jack 847-5706.

GREAT STARTER cell phones. Panasonic 320, Nokia 2260, Mitsubishi T200, all access in. Make an offer, 848-554.

530 - Househol

CANOPY BED, queen, wrought iron, 1 yr. old. \$100. Chest Freezer lge. \$50. 662-1044.

FRENCH COUNTRY washed oak dining room set, rectangular table 40x60 w/leaf extends 40x90, 8 chairs. \$700. 847-2827.

NICE HOUSEHOLD furn. Love/sofa, Zenith TV 32", coffee table, lawn twin bunkbeds. \$2,300 or separate 419-6765.

590 - Music

BRAND NEW J. TURSER electric guitar & accessories. Comes w/accessories. Paid \$180, asking \$130. Still have receipt. 2766, leave message.



VIOLIN LESSONS. Ages 5-95. Call Mr. Dragon 847-8529.

670-Business Op

INVESTING? Promises of big profit means big risk! Call AG-Consumer Protection at 800-852-7776, the Federal Trade Commission at (877)-FTC-ELP for free information. Or visit our Web site www.ftc.gov/bizop.

690-Apartments

NEWPORT/student to share 2 bdrm. Furn \$500+. 848-7146.

700 - Rooms f

FURN., own bath, cleaning & linens, shared kitchen & living room-smokers, walk to town, long term only \$150 wkly incl. 846-00

LARGE ROOM WITH BATH \$125 per week. 846-0825.

LGE. sunny, quiet, kitchen, cable, parking, town. Near base. Non-smoker. 845-0041.

710 - Unfurn.

2 BDRM. + office of Thames, 2 bath, hardwoods, flexible lease \$1200. 860-536-5858.

2 BDRM., 1 bath. Newport walk to everything. No smoking, pets ok \$1,000 incl. heat & water. 842-0329.

2 BDRM., tiled bath. Washer/dryer on premises. Parking storage. Immaculate clean. 1st. floor. \$incl. heat & water. pets. 847-0961.

3 BDRM. Newport in town location, hardwood flrs., high ceilings. Chad at ReMax 848-6781.

3 BDRM., waterview, washer/dryer, parking deck. \$1,100+. 847-6940

3 BDRM.: Newport, 1st fl., hardwoods, quiet area. \$1150+. Chad/ReMax 848-6781.

710 - Unfurn.

BELLEVUE/MEMORIAL area, 2++ & 3 bed, spacious, completely renovated, hardwoods, new appliances, garage option, parking, nice yard. \$1650-\$1750 incl. heat only. 401-965-343.

HISTORIC HILL townhouse 2 bdrm., 2 full places, laundry, parking. \$1250. Call Edith Cushing, ReMax 848-6750.

NEW 3 bdrm., 1.5 bath duplex, parking, w/hookups, centrally located, \$1,500+ 253-9501

NEWPORT 2 bdrm., newly renovated, new appliances, shining hardwoods. Landlords unit. No smoking/pets. \$900/mo. 323-4920.

NEWPORT GREEN unit 507, nice 2 bdrm. apt. great location, walk Thames St., mansions, beaches, heat incl. \$1100. 401-847-2084 or 781-599-6209.

NEWPORT: off Thames Perry Mill Wharf. Nice room, 1 bdrm. townhouse type apt. \$1,250/mo., parking. 849-042

720- Furnished

2 BDRM., downtown, off st. parking, laundry basement. Avail. 2/ \$1150+/mo. Nick 401-265-8363.

AFFORDABLE studio between beaches, new kitchenette. Long/short term. No smokers/pets \$775 incl. all. 849-4

BEAUTIFUL Victorian, 2nd & 3rd fl., 4 bdr 2 bath. Laundry, closet to base. \$1700 per mo. Call 391-9338.

KAY/CATHERINE. 1 bdrm., newly renovated private entrance, nice furnished. New appliances, satellite tv, yr. round. No smoking/pets. 846-3407.

725 - Condos

JAMESTOWN: 2 waterfront condos available. bdrm., 2 bath, central air & more. \$2000+ utils. Call Dan, Is Realty, 423-2200.

730 - Houses

2 BEDROOM, walk to beaches. Unfurnished. Year round. Completely renovated. Chad at ReMax 848-6781.

5TH WARD 3 bdrm., new kitchen, all amenities. \$1600+. Edith, ReMax 848-6750.

LITTLE COMPTON. 3 bdrm., 2 bath. Available Jan. - June. \$1600+ yrly. \$1900+. 846-0595

730 - Houses

NEWPORT: Great yard/porch/patio. Quiet neighborhood, Easton's Beach, 3 blocks. bdrm., 1 bath, fireplace, basement, washer/dryer, no smoke/pets. \$1500 garage extra. 849-3283

741 - Winter

ATTN. NAVY, SALVE & Others. Rentals all types available. Remax, Edith Cushing 848-6750.

COTTAGE NEAR Beach. 2 bedroom. Furnished. Gas heat. \$700+. Through June 1. 401-225-4482.

760-Retail/Off

23 MEMORIAL BLVD. 1100+ sq. ft., prime location, newly renovated exterior. \$2000+. Deborah 401-965-3434.

770 - Garages

ISLAND SELF STORAGE Secure storage; various sizes available. Call for prices, 60033, fax 683-4762.

870 - Houses



EQUAL HOUSING
OPPORTUNITY

All real estate advertising in this newspaper subject to the Federal Fair Housing Act of 1968, as amended, which makes it illegal to advertise "any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin or an intention, to make any such preference limitation, discrimination." This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll free at 1-800-669-9777. The Toll-free number for the hearing impaired is 1-800-927-9275. In Rhode Island contact:

R.I. Human Rights
Commission -
1-277-2661

Dept. of Housing & Urban
Development - 528-5351

905 - Trucks &

FORD '97 RANGER, low mileage, 4 cyl., 5 spd. \$3150. 849-9575.

FORD F-150 '87: 8' bed 147,000 mi., good condition \$500. 849-1851.

TOYOTA PICK-UP '82: 4x4, California, 123,000 mi., runs well. \$2,484-3725.

907- Boats &



1981 23' AMF Paceship sailboat: '96 6 hp, sails w/covers, standard porta potty. \$5300/best offer. 401-625-147

915 - Autos f

CHEVY CAMARO RS 1992. T-tops, 305 V6 inspected. 70,000 original mi. \$2500. 683-314

CHRYSLER 1996 LHS. Leather, elec. window & locks, remote start, cd, air, auto. Inspected. \$3900. Call 847-5012.

CROWN VICTORIA '87. Inspected + 21 spd bike. \$850. 847-8367.

DODGE NEON '97, 2 dr., standard, red, low mileage, runs excellent. \$3000. 841-9383.

FORD ESCORT wagon, 94. Auto, front wheel drive, new tires, inspected. \$1,095. 846-1122.



HONDA ACCORD 1988. 5 speed. Runs well. High miles. \$700. best offer. Call 849-6

HONDA CIVIC '93. 5 spd., 160,000 mi. Run well. Interior very clean. exterior good. \$1500. best offer. 683-5068.

MAZDA 626 HATCHBACK '91. Inspected 12/04, 5 spd., new front tires, well maintained. \$700. 855-5455.

OLDS CUTLASS '86: Car in Middletown 50,000 original mi., owner. \$11,00. 561-3629729 or quahoag@aol.com

Newport Daily News Carriers
Earn more than money

849-3300

WE DELIVER

915 - Autos for sale

HYUNDAI SONATA GLS
'00: Auto., 53,000 mi.,
\$6,995. Call 835-1849

915 - Autos for sale

MAZDA PROTEGE: 95,
4 dr. sedan. 73,500 mi.,
\$2,000, needs some TLC.
683-6588.

915 - Autos for sale

MERC. GRAND MARQUIS
LS '91, test drive, fix
up, has inspection. \$450
must sell 345-2181

915 - Autos for sale

PONT. BONNEVILLE
'94, sports luxury package,
hwy. mi. \$3300 683-0756.

915 - Autos for sale

TOYOTA TERCEL: 95,
89,000 mi., auto., 2 green,
\$900. 401-6190364

915 - Autos for sale

VOLVO '93 240 SEDAN
5 spd., 160,000 mi.,
excellent. \$3500 849-2873.



ANY JOB

"1 ACE CLEANUPS
CALL US", Dump runs,
cellars, repairs, moving
855-9250.

ALL JOBS: Dump runs,
rubbish removal, hauling,
moving, painting lawn
care. Call Mike 847-0835.

CLEAN OUTS WANTED:

Attics, basements, garages,
entire households. 1 item or 1,000
Free estimates. Days
nights, weekends. Residential
only, also making offers to
purchase contents. Refs. Mike
Clean-Sweep, 401-286-0326
or 624-8005.

"YOU CALL WE HAUL"
Attics, basements, garages
& estates. Odd job
specialists. 849-74

Bobcat/Dumptrucks

MINI BACKHOE lawn
installation, repair, clearing,
demolition work. CJ Viveiros
Landscaping 401-662-1266.

CARPENTRY

ALL TYPES CARPENTRY:
Interior & exterior. Siding
job specialist. L. #4780. Jim
418-0226.

CARPENTRY, painting,
roofing, pressure washing,
etc. David Cabrera 682-2832.

NO jobs too small. Carpentry/
roofing. Lic. #2313. Ins., refs.
D&D 662-985

CARPET CLEANING

1-401-683-4383. Topp
Jobb Maintenance, Cleaning
& Restoration One call
cleans it Since 1979.

846-7855 NEWPORT
CLEANING & MAID SERVICE
CO. Rugs, carpet,
& Upholstery. Free
estimates, fast service.
Will look new

CARPET CLEANING

JIMMY STUART Carpet
& Upholstery Cleaners
Quality service, reasonable
rates Ins. 847-860

COMPUTERS

CERTIFIED TECH For
home/business. The
Computer Guy 743-1363.

COMPUTER PROBLEMS?
Call Geeks to Go for all
your computer needs. Yes,
we can do it. 842-0208.

DRIVEWAYS

GRAVEL DOCTOR, Repair
Potholes & Ruts all your
Gravel/Unpaved surfaces at
a fraction of the cost of
traditional methods. 849-5885.

J.A.M. DRIVEWAYS Sign
up now! We'll take 10% off
now! Serving Aquin
neck Island for 3 years.
849-8080.

DRYWALL

D.C. DRYWALL. Wall
repair, small taping/
skinning coat jobs. Dan
369-2038

EXCAVATION

DUMP TRUCK, backhoe
& bulldozer service. Land
clearing, tree work &
snowplowing. KC Construction,
683-1784

FIREWOOD

SEASONED FIREWOOD
cut, split & delivered.
\$175/cord. 624-6303.

FLOOR CLEANING

CLEAN, STRIP, WAX &
polish application. Grady
Dawson 846-5945.

GUTTER CLEANING

ACOASTAL TREE. Yard
cleanups, gutters, snow
removal. 847-0312

HANDYMAN

20+ YEARS experience.
Do it all from A to Z
Ray 401-447-5125.

20+ YEARS experience.
Do it all from A to Z
Ray 401-447-5125.

HAULING

HAVE TRUCK WILL HAUL.
Brush, junk, leaves,
appliances, construction
cleanups, etc. Local cell,
497-1282.

HOME IMPROVEMENT

BAY HOME. Additions,
new construction & renovations.
Lic. & insured. John Boruch
297-9135.

CARPENTER/Contractor:
Remodeling/repair/ additions.
25 yrs. exp. Br. Chandler,
846-6376.

CARPENTRY, Painting,
windows, doors, decks,
tile, all repairs. 847-

CRAFTSMEN, 25 yrs. experience
offers the following services:
kitchen & bath remodeling,
replacement windows and
doors, all types of interior
improvement and remodeling.
Competitive pricing, references
on request. please call
848-7775, calls returned.
#22032

ISLAND HOME REPAIR
Service. Remodeling,
repairs. 849-5206.

J-MACK Home Repairs
& Remodeling. Millwork
kitchens, baths, windows,
etc. 862-5752.

HOUSECLEANING

846-7855 NEWPORT
CLEANING & MAID SERVICE.
"We Do It All": Regular or 1 time
service, Move in/out, carpet
cleaning, Construction clean
up, Cellar/Garage clean
outs & Dump runs. Last
minute O.K. Lic./bonded/ins.

HOUSECLEANING

GM CLEANING SERVICE.
We do all job move in/out,
Bonded & insured. 847-8195.

JANES' CLEAN. Houses,
offices, building construction.
Many yrs. of exp., good
refs. B prices. Discount on
second cleaning. 846-1219

LANDSCAPING

ACOASTAL TREE. Full
service tree/landscaping
co. Lic. 618. 847-0312

ALL ISLAND LANDSCAPE
Winter pruning. RI lic. tree
service. clearing, bobcat,
backhoe. 683-1588.

MAINTENANCE

HOME MAINTENANCE
Repairs, remodeling. No
job too small. 835-069

MASONRY

BUILD/RESTORE STONE
WALLS, patios, steps,
sidewalks, chimneys,
John 683-4933.

MOVING

MOVING & STORAGE,
Taylor & Sons. Free
Estimates, Quilted Protection.
Licensed & insured.
Affordable Rates. Local
& Long Distance. 1-800-851-0181.

PAINTING&PAPERING

1ST CHOICE PAINTING,
exterior & interior
Wallpaper. Exp., affordable.
Mike, 846-7799.

EXTERIOR/INTERIOR
Painting: 35 years. Free
estimates. 846-9774.

FREE ESTIMATES Painting,
papering, lic. #2897
H. Cassese Jr.

PAINTING&PAPERING

K.L.T. REMODELING:
All phase. Lic. #11156
Ken, 886-0795.

MARTINELLI PAINTING
45 yrs. experience. 1 job
to small. 848-0581

PAINTER/CARPENTER:
Interior/Exterior. Fast,
able, reasonable & experienced.
Andy 849-8646.

SHAFFELL PAPERHANGING.
Free estimates Residential/
commercial Call Art, 954-6109.

SKATE SHARPENING

DOUBLE PLAY SPORTS.
Get the edge. 841-0326
Mon.-Fri. 2-6, Sat. 10-12

SNOWPLOWING & REMOVAL

SNOWPLOWING, sanding,
firewood. Call Carlos
Viveiros 401-662-1266.

SNOWPLOWING. Reasonable,
dependable. Call 225-4482.

STUMP GRINDING

BRUSH REMOVAL, fall
cleanups, mulch, Call Carlos
Viveiros 401-662-1266.

TILE INSTALLATION

ABLE TILE, free estimates,
modern installation. Call
Bill 423-311

ISLAND TILE WORKS.
Installation & repairs:
Floors, countertops, showers.
401-663-0241.

TREE SERVICE

A-1, Removal, pruning
stumps. Lic. #260 insured.
Joe 924-0214.

TUTORING

ENGLISH LESSONS
ESL certified teacher
offers English language
lessons. Call Catherine
Sadler 846-9444.

3 LINES, 28 DAYS
ONLY \$62

To advertise your business or home service in both
The Newport Daily News and The Navallog
CALL 849-3300

"Advertising Deadline: Thursday at 11 a.m. each week"

Navy-wide news

Cruiser deploys NUWC's Spartan

ABOARD USS GETTYSBURG (NNS) — The guided missile cruiser USS Gettysburg, which is part of the aircraft carrier USS Enterprise Carrier Strike Group currently deployed to the Arabian Gulf, is outfitted with a special new piece of equipment that is gaining high praise from the fleet.

The Spartan Scout, a Department of Defense (DoD) Advanced Concept Technology Demonstration (ACTD), is under the direction of the Naval Undersea Warfare Center Division, Newport, R.I.

Deployed aboard Gettysburg, it is part of the Navy's only deployed strike group, which is conducting missions in support of Operations Iraqi and Enduring Freedom.

Spartan is a modular, reconfigurable, multi-mission, high-speed, semi-autonomous unmanned surface vehicle (USV) capable of carrying payloads of 3,000 and 5,000 pounds for seven-and-11-meter craft, respectively. Integrated as an expeditionary sensor and weapons system designed to be a primary "force-leveler" against asymmetric threats, it enables a battle force commander to match inexpensive threats with an appropriate response.

On its first major deployment with the fleet, the seven-meter rigid-hull inflatable Spartan USV is being carried and controlled by Gettysburg. The on board Spartan prototype is configured with an electro-optical/infrared surveillance turret, surface search radar, digital imagery transmission suite and an unmanned command and control suite.

Rear Adm. James Stavridis, commander of the Enterprise Strike Group, likens the Spartan Scout as a harbinger of transformation, much like the Wright Flyer, the Wright brothers' first powered aircraft.

As part of its mission with the carrier strike group, Spartan is demonstrating its abilities as a force protection asset by providing an effective response to asymmetric threats, such as small boats.

"Spartan Scout meets a need for ship force protection," noted Stavridis in a recent let-

ter to the trade publication Defense News. "Spartan Scout can provide surveillance in a harbor, not only for Navy ships but also U.S. Coast Guard units responsible for port security. It can be modified for mine detection or anti-submarine warfare.

"When equipped with Hellfire or Javelin missiles," Stavridis continued, "it could attack other surface vessels or conduct precision strikes ashore. And, unlike any other unmanned system, unmanned surface vessels can relay communications to aircraft, ships and submarines."

Flu season well underway

CHERRY POINT, N.C. (NNS) — The cold and flu season is here. This year is predicted to be one of the worst seasons for flu and the common cold.

Preschoolers can expect to have seven to 10 colds per year, and children in daycare get even more.

"Children with the common cold tend to have runny or stuffy noses, which frequently cause a lot of coughing," explained Lt. Cmdr. Carlos Villavicencio, a pediatrician at Naval Hospital Cherry Point. "The color or consistency of mucus running from the nose does not determine if it is viral or bacterial. Usually towards the end of the cold the mucus gets thicker and more colorful leading to a harsher cough. The cough frequently lasts seven to 10 days but may last up to 14 days."

The common cold and flu tend to cause a fever during the first four days. The height of the fever depends on the child and the virus. Parents should treat the fever if it affects the child's ability to eat and sleep or if there is a history of febrile seizures. Fevers that do not respond to acetaminophen (Tylenol) or ibuprofen (Motrin) are more likely to be bacterial and may require antibiotics.

The flu is a contagious disease caused by the influenza virus. It attacks the respiratory tract (nose, throat and lungs). Unlike the common cold, with influenza the child tends to get more fatigue, and aches and pains. Anyone can get the flu, and serious problems from influenza can happen.



NUWC photo

MINI PATROL - The Spartan Scout, foreground, an unmanned surface vehicle patrols Mayport, Fla., last May with the cruiser USS Gettysburg to rehearse an Advanced Concept Technology Demonstration in the Arabian Gulf last November. The seven-meter long Spartan was developed by the Naval Undersea Warfare Center Division, Newport.

Prime Properties
<http://www.prudentialprime.com> (web site) prime@prudentialprime.com (E-mail)
136 West Main Rd., Middletown • 849-2800

NEW LISTING ESCAPE TO NATURE - In this newly constructed home nestled among the 7+ wooded acres. Relax in your two-level master bedroom suite, or entertain in the large granite kitchen opening into your family room or onto your deck. Put everything away in your oversized 3 car garage or finish your walkout basement for even more living space. Asking \$1,190,000. Call John Silvia or Karen O'Brien 849-2800x235 or 662-4888. #319425	NEW LISTING Enjoy sunsets in this immaculate one level retreat with unobstructed water views. A stones throw to the Cliff Walk. Private setting, yet walking distance to downtown Newport! \$539,900 Call Sandi O'Brien 849-2800x214 or 829-6207. #319175	NEW LISTING Custom built Colonial in East Meadow. 4 bedrooms with 2 1/2 baths, oversized 2-car garage, family room with fireplace. Sunny, spacious rooms, oak floors. \$499,900 Call Paul Tobak 849-2800x238 or 862-9962. #319417
NEW LISTING Award winning design near Bellevue Ave. Stunning office space currently set-up with 4 workstations. Association comprised of owner occupants. \$187,000 Call Sandi O'Brien 849-2800x214 or 829-6207. #319412	NEW LISTING One of larger two bedroom condos in the Bridgeview Complex. Central location! Views of Newport Bridge. Open floor plan. Sewer and water included in modest condo fee. Excellent condition. \$215,000 Call Barry Clark 849-2800x222 eves. 847-8266. #319581	NEW LISTING Classic elegance. Extraordinary three family home. This expansive property includes an owner's 4/5 bedroom unit that has been meticulously restored. Expect gleaming hardwood floors, sunny open floor plan, and a 2 car garage with loft. \$635,000. Call Sandi O'Brien 849-2800x214 or 829-6207. #319582
PORTSMOUTH Over 1.25 private acres with beautiful grounds. 3-4 bedroom contemporary with 2 baths, family room, stone fireplace, 2 car garage, great workshop, decks, water views and more. \$650,000 Call Dave McCauley 849-2800x219 or 862-6202. #308873	NEWPORT Charming 5th ward Victorian in move in condition. Five bedrooms, three baths, private yard, off street parking. House zoned two family, being used as a single family. Hardwoods throughout. Separate B&B suite in lower level for added income. Motivated sellers-easy to show. \$649,000. Call Michol Murphy 401-849-2800 x223 anytime or www.prudentialprime.com/michol.htm #318232	NEW LISTING Middletown - sturdy 3 bedroom ranch with hardwoods, new windows, new furnace and vinyl siding. Rec room, laundry and workshop in basement. Nice yard, garage & lots of parking. \$235,000 Call Doreen Kranz 849-2800x216 or 662-1272. #317769
PRISTINE Sunny end unit in new Overlook Point with beautiful sunsets from your private deck and over 2200 sq. ft. of gracious living space. Two bedroom, two and a half baths, with your master bedroom suite situated on the first floor. Hardwoods, corian/maple kitchen, central a/c, full basement. Presented at \$444,900. Call Phyllis Joslin 849-2800x215 or 241-8412. #315523	MIDDLETOWN Abutting Newport National Golf Course. Home with substantial heated garage located on 7.4 acres with 566' frontage on Mitchell's Lane. Ideal for gentleman farmer. Many Possibilities. \$850,000 Call Paul Tobak 849-2800x238 or 862-9962. #313300	NEWPORT NEWPORT - Lovely four bedroom custom built cape w/ two car garage on a private three quarter acre lot. First floor master bedroom, living room with fireplace, hardwoods on both levels, and more. This home is easy to show and sellers are motivated. \$499,000. Call Michol Murphy 401-849-2800 x223 anytime or www.prudentialprime.com/michol.htm #314198
NEWPORT NEWPORT - Light and bright newly restored 2 bedroom townhouse condo. New kitchen and baths. Parking. Garden. Great weekend retreat. Close to harbor, restaurants. \$299,900 Call Maggie Elliott 849-2800x224 eves. 683-1862. #313244	NEWPORT Studio unit available in gracious Victorian building centrally located bedroom Bellevue and Spring. Walk to everything. Priced at \$124,900. Call for personal appointment - John Silvia 849-2800x215 or 241-8412. #312713	NEW PORTSMOUTH CONDOMINIUM COMPLEX offering duplex unit. Both units have two bedrooms (each bedroom has its own bath), gas fireplace, large family room, basements. One unit has a 2 car garage and is priced at \$255,000. The second unit has a 4 car garage and is \$275,000. Also free standing 2 bedroom townhouse unit. \$295,000 Easy to show call Dave McCauley 849-2800x219 or 862-6206.